North Carolina Senior Games

2016 STATE FINALS ENTRY PACKET

For Athletes, Artists & Cheerleaders

EARLY BIRD DEADLINE - JULY 1  ENTRY DEADLINE - AUGUST 1

STATE FINALS
September 26–October 3 Cary/Raleigh

Pickleball Tournament
Carolina Courts, Concord, NC
August 30-September 1

Basketball Tournament
ECU, Greenville
September 16-18

Golf Tournament
Tanglewood, Clemmons
October 4-5

Bocce & Cornhole Tournaments
Clayton Community Park, Clayton
October 5-6

Softball Tournament
Walnut Creek Softball Complex, Raleigh
October 24-26

IMPORTANT DATES

July 1: Early Bird Deadline
August 1: Entry Deadline
August 5: Last Day to Add an Activity
August 19: Cancellation Deadline for Pickleball Tournament & last day to change partner
September 2: Cancellation Deadline & Last Day to Change Partner
October 14: Cancellation Deadline for Softball

HOST AGENCIES

Platinum:
Cary Parks, Recreation & Cultural Res. Dept.
Raleigh Parks, Recreation & Cultural Res. Dept.
NCSU McKimmon Center
NC State University
Pitt County Community Schools & Recreation
Cabarrus Co Active Living & Parks
Clayton Parks & Recreation Dept.
ECU Campus Recreation & Wellness
Raleigh Racquet Club
Triangle Table Tennis

COORDINATING AGENCIES

AARP North Carolina
NC Association of Area Agencies on Aging
NC Association on Aging
NCSU Dept. of Parks, Recreation & Tourism Management
NC Recreation & Park Association

Register online by July 1 and save $5!

North Carolina Senior Games is a nonprofit organization dedicated to providing year-round health promotion and education for adults 50 years of age and better. State Finals provides fun, fitness and fellowship for people of all ages.
ELIGIBILITY

To be eligible to participate you must be 50 years of age or better on or before December 31, 2016 & have qualified at a Local Games in NC in the specific activity for which you want to register, & be a North Carolina resident for a minimum of three consecutive months of the year. Please confirm your eligibility with your Local Coordinator.

1. NCSG must receive your Entry Form or online registration by 11:59 pm August 1. Each individual, including doubles partners & all group/team members, must submit a completed registration with total payment to NCSG by August 1. There are no exceptions. The deadline is strictly enforced in fairness to all participants. Entries received without full payment will not be accepted. Entries received after August 1 will be returned. Online registration is available at www.ncseniorgames.org. No faxes or emails will be accepted.

   Registration includes three types of fees: Entry Fees, Activity Fees & Team Fees.

   Entry Fees for:
   Forms received by NCSG on or before July 1 = $40.00 ($35 online)
   Forms received by NCSG after July 1 = $50.00 ($45 online)

   The Entry Fee includes a 2016 State Finals lapel pin, admission to Celebration of the Games, featuring the Cheerleaders Showcase, & the SilverArts Showcase. The Entry Fee also helps to offset general organizational costs & awards.

   Activity Fees & Team Fees help cover charges for facility rental, officials, & equipment for activities you choose to enter. They are listed per activity in the information which follows.

2. After your registration is received & processed (allow three weeks), NCSG will send you a Preliminary Confirmation of your activities & payment (by email, if address provided). It is your responsibility to verify that your registration has been received by NCSG by August 1 & that you are registered for the correct activities. Verify on the NCSG website or ask your Local Coordinator. No activities may be added after August 5.

3. You should receive your Participant Newsletter & your Final Confirmation by August 22 (by email, if address provided). They will contain reporting times for your activities & all State Finals details. Bring your Final Confirmation with you to State Finals. Contact NCSG at (919) 851-5456 or by email at ncsg@ncseniorgames.org if your Participant Newsletter & Final Confirmation are not received by September 1 & another one will be sent.

AT THE GAMES

Have with you at all times:
-Photo ID to check in at all events each day (REQUIRED)
-Final Confirmation & Participant Newsletter
-List of medications, medical conditions & allergies
-Proof of insurance, in case of an emergency

REFUNDS

Refund requests must be made in writing & received by the cancellation deadline (see page 1 for dates). For complete cancellations, a $15 processing fee for individuals & a portion of the team fee ($35 for Basketball & $125 for Softball) is non-refundable.

REGISTER AND PAY ONLINE BY JULY 1 TO SAVE $$$

GENERAL INFORMATION

AGE CATEGORIES

Your age is determined by your age on December 31, 2016. Men & women compete in separate categories in the following five-year age increments: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+. You must compete at the scheduled time with your age/sex category. In doubles competition, partners compete in the age category of the younger partner. In team sports, the age category is determined by the age of the youngest player.

DOUBLES EVENTS

The age of the younger player will determine the age group. A player may compete in only one age group; age groups are the same as in individual sports. If an individual’s partner cannot come to State Finals, that person may select another partner who qualified in that sport at a Local Games in NC. A list of partners-seeking-partners will be posted on the NCSG website. The last day to change one’s partner is the cancellation deadline. No changes may be made at the event.

CONFLICTS

Every effort will be made to reduce the number of conflicts for participants who qualify for more than one activity. When scheduling conflicts do arise, it is your choice to select which activity you will enter. Please do not sign up for activities that will have direct conflicts.

INCLEMENT WEATHER PLANS

Games Officials reserve the right to cancel or postpone events in case of inclement weather or unusual or extenuating circumstances. There will be no refunds for a cancelled or postponed event. Come prepared for all types of weather. Schedule changes during State Finals will be posted at www.ncseniorgames.org & on a recording at (919) 851-5456. It is your responsibility to check the website or listen to the recording to obtain information about schedule changes.

HOTELS

A complete list of State Finals host hotels is available on the State Finals page of the NCSG website.

DIRECTIONS

Directions for all venues, & for travel between some venues, are on the NCSG website. Venue addresses are included in the Directions. The State Finals Map showing the location of all Cary/Raleigh events & host hotels is on the NCSG website: www.ncseniorgames.org.

NATIONALS

State Finals 2016 is the qualifying event for the National Games in 2017 in Birmingham, Alabama. For more information, see the National Senior Games website at www.nsga.com.
important sports details

Schedule: Preliminary dates & times are listed with each activity. Except where noted, specific reporting times will be determined after August 1 & in the Participant Newsletter which you should receive with your Final Confirmation by August 22. In tournament sports, winners will advance to the semi-final & final rounds; plan accordingly. A one-page Preliminary Schedule is on the State Finals page of the NCSG website.

Rules: All sports will be conducted in accordance with the 2016 edition of the NCSG Official Rules Book, which is available on our website or from your Local Coordinator. NCSG specifications for equipment are in the Rules Book. Last day to change a partner is Sept 2 (except pickleball); changes may not be made at the event.

5K & 10K Runs
Sept. 30, 8:30 am - 10:00 am
Bond Park Comm. Ctr., 801 High House Rd, Cary
Details: Races are run concurrently so participants must choose ONE race. Cross country course on soft-packed mulch. Some hills. Driving Directions on the NCSG Website. Course Map will be posted by August 1.
Activity Fee: $10

Silver Striders Fun Walk
Sept. 29, 1:00 pm
Method Road Comm. Ctr., 514 Method Road, Raleigh
Eligibility: Completion of the Fun Walk at a Local Games Awards: A special award will be given upon completion.
Activity Fee: None

Golf
Oct. 4, 9:00 am - Oct. 5, 8:00 am
Tanglewood Golf Course, 4061 Clemmons Rd, Clemmons
Eligibility: 1, 2, or 3 place in Golf & meet the minimum performance score in the NCSG Rules Book
Equipment: Participant must provide clubs, balls & soft spikes.
Activity Fee: $5 (includes greens fee, cart rental & park entrance fee)

Pickleball
Aug. 30-Sept. 1, 8:00 am - 5:00 pm
Carolina Courts, 24 9W Spring St, Concord
Hosted by Catawba Co Active Living & Parks Dept.
Equipment: NCSG provides required discs & paddles.
Activity Fee: $5 per event

Croquet
Sept. 30, Noon - 5:30 pm; Oct. 1, 9:30 am - 3:30 pm
Bond Park, Field 2, 801 High House Rd, Cary
Equipment: NCSG provides required mallets & cues, participants may use their own mallets meeting NCSG specs.
Activity Fee: $5

Horseshoes & Shuffleboard
Sept. 29-30, 8:30 am - 5:00pm
Beside Athens Drive High School
Parking at Lake Johnson Pool, 5623 Jaguar Park Dr, Raleigh
Equiptiement: NCSG requires rackets, discs & cues; participants may use their own meeting NCSG specs.
Activity Fee: $5

Swim Meet
Oct. 1, 9:00 am - 3:00 pm
Triangle Aquatics Center
275 Convention Drive, Cary
Limit: 6 events maximum
Details: Order of events:
1. 200 yd Free
2. 100 yd Breast
3. 100 yd Fly
4. 50 yd Free
5. 200 yd IM
6. 50 yd Breast
7. 200 yd Back
8. 100 yd Free
Competition water temp. will be 83-84 degrees. Heat sheets on NCSG website after Sept. 1. Print & bring with you.
Activity Fee: $15 (for 1-6 events)

Track Events
Sept. 28, 8:00 am — 5:00 pm
Durham Co Memorial Stadium, Durham
50m, 100m, 200m, 400m Dash, 800m & 1500m Runs; 5000m & 5K Race Walks
Activity Fee: $8 per event

Registration is limited to 3 of the following 8 sports:
Specific reporting times will be in the Participant Newsletter. Winners will advance to the semi-final & final rounds; plan accordingly. Format will be single elimination, except where noted. Submission of seeding information is optional & will be used when possible.

Badminton
Sept. 30, 9:00 am - 5:00 pm
Bond Park Comm. Center, 801 High House Rd, Cary
Equipment: NCSG requires shuttecocks.
Activity Fee: $ per event

Billiards
Sept. 30, 9:00 am - 4:00 pm
Buck’s Billiards, 1102 Buck Jones Rd, Raleigh
Equipment: NCSG requires required billiard accessories.
Activity Fee: $5 per event

Table Tennis
Oct. 1, 8:30 am - 5:00 pm
Triangle Table Tennis Ctr., 2900 Perimeter Park Dr, Ste 200, Morrisville
Equipment: NCSG requires required balls & paddles.
Details: Round robin tournament format. Parking is available in the Reynolds Parking Deck. See State Finals Driving Directions for details.
Activity Fee: $5 per event

Tennis
Sept. 28-Oct. 3, Noon—10:00 pm
Raleigh Racquet Club, 5518 Falls of Neuse Rd, Raleigh
Equipment: NCSG requires required balls. Participants must provide racquets.
Details: Round robin format. Parking is available in the Reynolds Parking Deck. See State Finals Driving Directions for details.
Activity Fee: $5 per event

Open Events: Spin-Casting, Football & Softball Throws
Sept. 29, 9:00 am—12:45 am
Method Road Comm. Ctr., 514 Method Road
Equipment: NCSG requires required balls & plugs.
Participants may use their own football meeting NCSG specs. Participants should provide rods & reels.
Activity Fee: None

Note: format may require limited rest periods of 30 minutes between scheduled matches.

Activity Fee: $5 per event

Bocce-Cornhole
Clayton Comm Park, 5600 Rock Church Rd, Clayton
Oct. 5-6, 8:30 am - 5:00 pm
Hosted by the Clayton Parks & Recreation Dept.
Equipment: NCSG provides required balls & bags.
Activity Fee: $5 per event

Basketball Shooting
Sept. 30, 10:00 am - 2:00 pm
Herb Young Comm. Ctr., 101 Wilkinson Ave, Cary
Equipment: NCSG provides required balls. Participants may use their own balls that meet NCSG specs.
Activity Fee: $5

Bowling
Sept. 26-29, 8:30 am - 5:00 pm
Buffalo Lanes North, 5900 Oak Forest Dr, Raleigh
Singles, Doubles & Mixed Doubles
Equipment: Balls & shoes are available free of charge. Participants may use their own & regulation balls.
Activity Fee: $5 per event

Cycling
Oct 2 8:30 am-4:00pm
Highway Patrol Driving Track
380 East Tryon Rd, Raleigh
1 mile, 5K, 10K
Equipment: Participants must provide equipment & tools.
Activity Fee: $5 per event

Long Jumps
Sept. 28, 9:30 am—12:30 pm
Durham Co Memorial Stadium
750 Stadium Dr, Durham
Activity Fee: $5 per event

Shooting
Oct. 4, 9:00 am - 8:00 am
Durham Co Memorial Stadium, Durham
750 Stadium Dr, Durham
Activity Fee: $5 per event

Swimming
Aug. 30-Sept. 1, 8:00 am - 5:00 pm
Carolina Courts, 24 9W Spring St, Concord
Hosted by Catawba Co Active Living & Parks Dept.
Equipment: NCSG provides required discs & shots. Participants may use their own discs or shot that meet NCSG specs.
Activity Fee: $5 per event

Tennis
Sept. 28-Oct. 3, Noon—10:00 pm
Raleigh Racquet Club, 5518 Falls of Neuse Rd, Raleigh
Equipment: NCSG requires required balls. Participants must provide racquets.
Details: Round robin format. Parking is available in the Reynolds Parking Deck. See State Finals Driving Directions for details.
Activity Fee: $5 per event

Note: format may require limited rest periods of 30 minutes between scheduled matches.

Activity Fee: $5 per event

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## IMPORTANT DETAILS

### TEAM SPORTS

**Eligibility:**
1st, 2nd and 3rd place softball teams per age group from a Local Games. Each player must submit an individual Entry Form by August 1. The team will compete in the age group in which it qualified at the Local Games, unless that team adds a player from a younger age group. Each team must have a Team Captain who is a participant (and should have email). Adding players: (1) In order to be added to a team's roster, a player must have registered for and competed in that event at a Local Games in NC in the same qualifying year; (2) A player may only be added to another team's roster if the Team Captains of both teams (the qualifying team and the adding team) approve in writing to NCSG. To post requests for teams/players on the NCSG website, please send your request by email to ncs@ncseniorgames.org.

**Schedule:**
- Tournament format and starting times will be determined after August 1 and sent to Team Captains as soon as available. Team Captains should have email. Team Captains, and participants who provide an email address, will be notified of the reporting time for their team’s first game and other details of the Tournament. All details will also be posted on the NCSG website. If you do not provide NCSG with an email address, please check with your Team Captain for all tournament details. Team Captains should check our website often for their list of registered players and remind players to register by August 1 or they will not be eligible to participate.

### BASKETBALL TOURNAMENT

**September 16-18**
East Carolina University, Greenville
Hosted by: Greenville-Pitt Co Senior Games & ECU Campus Rec. & Wellness

**Equipment:**
NCSG provides required game balls. Participants are responsible for practice balls & towels.

**Details:**
$100 Team Fee must be submitted with the Team Captain’s Entry Form by August 1. Cancellation Deadline for this event is Sept 2. The last day to add members to a team is Sept 2. Just as each individual must register, each individual, and the team must cancel in writing. A team processing fee of $35 is non-refundable.

### SOFTBALL TOURNAMENT

**October 24-26, 8:30 am - 4:30 pm**
Walnut Creek Softball Complex, 1201 Sunnybrook Rd, Raleigh
Hosted by the City of Raleigh Parks & Recreation Dept.

**Equipment:**
NCSG provides required balls; participants are responsible for legal bats & gloves. See the NCSG Rules Book for specifications.

**Details:**
$225 Team Fee must be submitted with the Team Captain’s Entry Form by August 1. The last day to add members to a team is October 14. The schedule will be posted on the NCSG website by October 14. Cancellation Deadline for this event is October 14. Just as each individual must register, each individual, and the team must cancel in writing. A team processing fee of $125 is non-refundable.

### SILVERARTS FOLLIES

Purchase tickets on the SilverArts page of our website June 1 - Sept. 16. Performers do not need tickets but tickets can be ordered for friends and family.

**Eligibility:**
Must be the act chosen as the representative for your Local Games. Each member of the act must submit an individual State Finals Entry Form by August 1. Each non-solo act must have a Group Leader who is a participant and should have email.

**Schedule:**
- A required Technical Workshop will be on Friday, Sept. 30, starting at 2:45 pm. The Show will be on Friday, Sept. 30, at 7:00 pm. The order of the Show will be included in the Participant Newsletter. Most acts perform on a raised stage 32’ long x 24’ deep.

**Awards:**
1st, 2nd & 3rd place for solo, small group, & large group in each Performing Arts sub-category will be presented at intermission & the conclusion of the Show.

### CHEERLEADER SHOWCASE

**Eligibility:**
Must be the squad chosen as the representative for your Local Games. Each member of the squad must submit an individual State Finals Entry Form by August 1. Each squad must have a Head Cheerleader who is a participant & should have email.

**Schedule:**
- Thursday, Sept. 29, at 5:00 pm. Performance space is a large carpeted floor.

**Awards:**
1st, 2nd & 3rd place for small, medium & large group in each Performing Arts sub-category will be presented immediately following the Show.

### HERITAGE & VISUAL ARTS

**Eligibility:**
1st , 2nd or 3rd place in the sub-category in a Local Games. Limit: 1 entry per sub-category.

**Schedule:**
Entries must be delivered between 10:00 am - Noon on Thursday, Sept. 29. The Show may open for a Sneak Peek, Thursday 4:00 pm - 5:00 pm. The Show will be open Friday, Sept. 30 from 9:30 am - 3:00 pm. Entries must be picked up between 3:15 pm - 4:30 pm on Friday, Sept. 30.

**Fee:**
$5 per entry

### LITERARY ARTS

**Eligibility:**
1st or 2nd in the sub-category in a Local Games. An original and two copies of the entry and the SilverArts Information Form must be enclosed with the Entry Form. Entries will be displayed at the SilverArts Show Friday, Sept. 29.

**Limit:**
1 entry per sub-category.

**Fee:**
$5 per entry.
2016 STATE FINALS PRELIMINARY SCHEDULE

Final Schedule available by August 22. Days and times subject to change.

State Finals is a program of North Carolina Senior Games, a statewide health promotion and education program for adults 50 years of age and better.
For more information, please visit our website at www.ncseniorgames.org.

TUE-THURS, AUGUST 30 - SEPTEMBER 1

Pickleball Tournament
8:00 am–5:00 pm
Carolina Courts, Concord

FRIDAY, SEPTEMBER 30 - Continued

Billiards
9:00 am–4:00 pm
Buck's Billiards, Cary

Croquet
9:30 am–3:30 pm
Bond Park Field 2, Cary

Horseshoes & Shuffleboard
9:30 am–3:30 pm
Athens Drive High School, Raleigh

TUESDAY-WEDNESDAY, OCTOBER 4-5

Golf Tournament
Tanglewood Golf Course, Clemmons
Tues. 9:00 am Shotgun
Wed 8:00 am Shotgun

FRIDAY, SEPTEMBER 30 - Continued

Bowling
8:30 am–5:00 pm
Buffaloe Lanes North, Raleigh
Mon. - Mixed Doubles; Tue. - Doubles
Wed. & Thurs. - Doubles & Singles

FRIDAY - SUNDAY, SEPTEMBER 16-18

Basketball Tournament
Student Rec Center, ECU, Greenville

Horseshoes & Shuffleboard
8:30 am–5:00 pm
Athens Drive High School, Raleigh

FRIDAY, SEPTEMBER 30 - Continued

Racquetball
9:00 am–2:00 pm
NCSU Carmichael Gym, Raleigh

MONDAY - THURSDAY SEPTEMBER 26-29

Bocce Tournament
8:30 am–5:00 pm
Clayton Community Park, Clayton

SilverArts
8:30 am–5:00 pm
McKimmon Center, Raleigh

TUESDAY-WEDNESDAY, OCTOBER 4-5

Bowling
8:30 am–5:00 pm
Buffaloe Lanes North, Raleigh
Mon. - Mixed Doubles; Tue. - Doubles
Wed. & Thurs. - Doubles & Singles

MONDAY - THURSDAY SEPTEMBER 26-29

Field Events
NEW Durham County Memorial Stadium, Durham
Running & Standing Long Jumps, Shot Put, Discus

FRIDAY, SEPTEMBER 30 - Continued

Basketball Tournament
8:00 am–5:00 pm
Carolina Courts, Concord

Monday - Mixed Doubles; Tuesday - Doubles
Wednesday & Thursday - Doubles & Singles

WEDNESDAY, SEPTEMBER 28

Track
NEW Durham County Memorial Stadium, Durham
5 K Race Walk 8:30 am
1500 Meter Run 9:30 am
100 Meter Dash 10:30 am
400 Meter Dash 11:30 am
200 Meter Dash 12:30 pm
50 Meter Dash 1:30 pm
1500 Meter Race Walk 2:15 pm
800 Meter Run 3:15 pm

FRIDAY, SEPTEMBER 30 - Continued

Bowling
8:30 am–5:00 pm
Buffaloe Lanes North, Raleigh
Mon. - Mixed Doubles; Tue. - Doubles
Wed. & Thurs. - Doubles & Singles

SATURDAY, OCTOBER 1

Tennis
Raleigh Racquet Club, Raleigh

TUESDAY-WEDNESDAY, OCTOBER 4-5

Tanglewood Golf Course, Clemmons
Tues. 9:00 am Shotgun
Wed 8:00 am Shotgun

TUESDAY-WEDNESDAY, OCTOBER 4-5

Archery
9:00 am
NCSU Miller Fields, Raleigh

FRIDAY - SUNDAY, SEPTEMBER 16-18

Basketball Tournament
Student Rec Center, ECU, Greenville

Swim Meet
Triangle Aquatic Center, Cary

WEDNESDAY-THURSDAY, OCTOBER 5-6

Table Tennis
8:30 am–5:00 pm
Triangle Table Tennis Center, Morrisville

FRIDAY - SUNDAY, SEPTEMBER 16-18

Tennis
8:00 am-10:00 pm
Raleigh Racquet Club, Raleigh

MONDAY - THURSDAY SEPTEMBER 26-29

Cornhole Tournament
8:30 am–2:00 pm
Clayton Community Center, Clayton

Tuesdays & Thursdays
8:30 am–5:00 pm
Triangle Table Tennis Center, Morrisville

FRIDAY - SUNDAY, SEPTEMBER 16-18

Tennis
8:00 am-10:00 pm
Raleigh Racquet Club, Raleigh

MONDAY - THURSDAY SEPTEMBER 26-29

SUNDAY, OCTOBER 2

Tennis
8:00 am-10:00 pm
Raleigh Racquet Club, Raleigh

MONDAY - THURSDAY SEPTEMBER 26-29

Tennis
8:00 am-10:00 pm
Raleigh Racquet Club, Raleigh

MONDAY - THURSDAY SEPTEMBER 26-29

Cycling
8:30 am-4:00 pm
NC Hwy Patrol Training Center, Raleigh

MONDAY - THURSDAY SEPTEMBER 26-29

MONDAY, OCTOBER 3

Tennis
8:00 am-10:00 pm
Raleigh Racquet Club, Raleigh

MONDAY - THURSDAY SEPTEMBER 26-29

SUNDAY, OCTOBER 2

Tennis
8:30 am-2:00 pm
Clayton Community Center, Clayton

MONDAY - THURSDAY SEPTEMBER 26-29

MONDAY - THURSDAY SEPTEMBER 26-29

Tennis
8:00 am-10:00 pm
Raleigh Racquet Club, Raleigh

MONDAY - THURSDAY SEPTEMBER 26-29

Tennis
8:00 am-10:00 pm
Raleigh Racquet Club, Raleigh

MONDAY - THURSDAY SEPTEMBER 26-29

Cycling
8:30 am-4:00 pm
NC Hwy Patrol Training Center, Raleigh

MONDAY, OCTOBER 3

Tennis
8:00 am-10:00 pm
Raleigh Racquet Club, Raleigh

MONDAY-WEDNESDAY, OCTOBER 24-26

Softball Tournament
Walnut Creek Softball Complex, Raleigh

Continued in next column